4th Battalion 11th Field Artillery Regiment

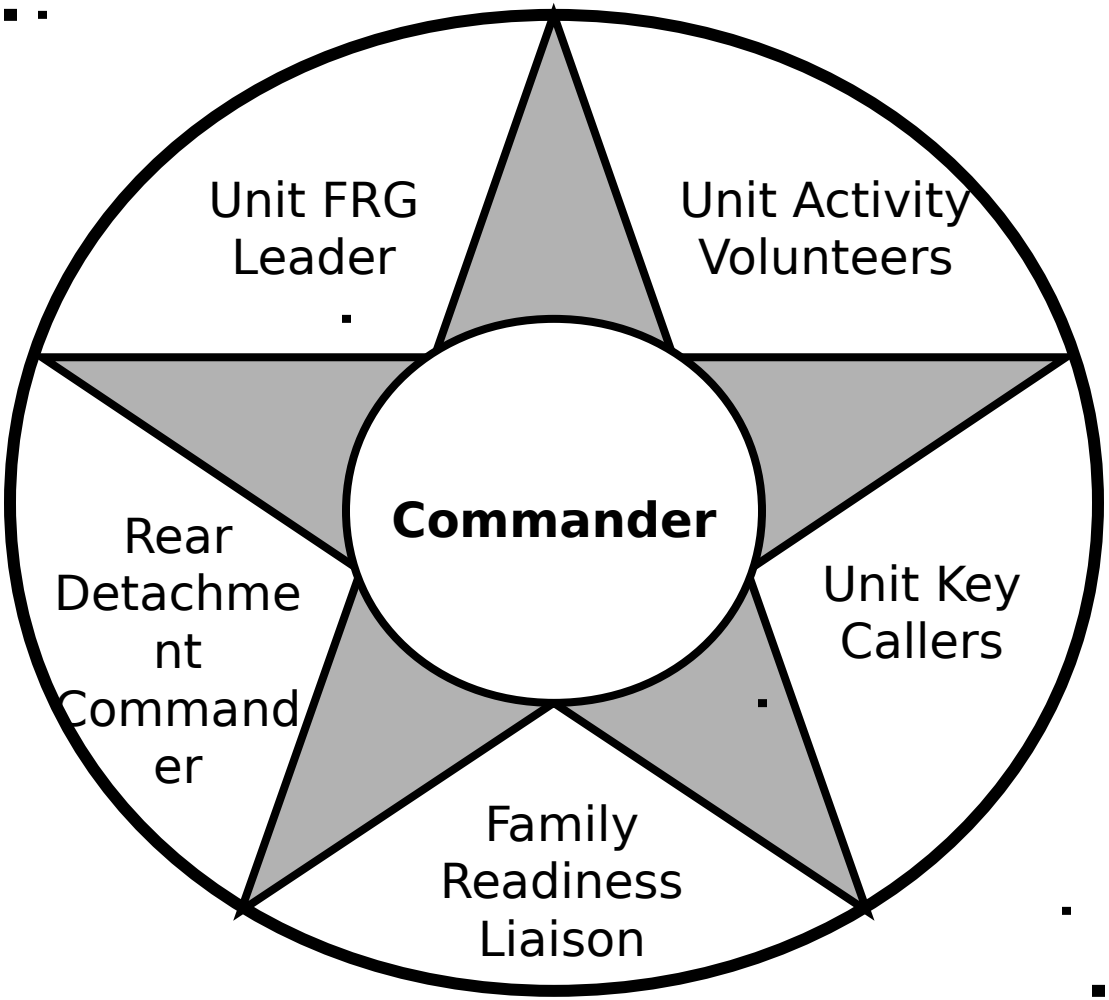
Family Readiness Group
Deployment Training
12-13 October 2004

AGENDA

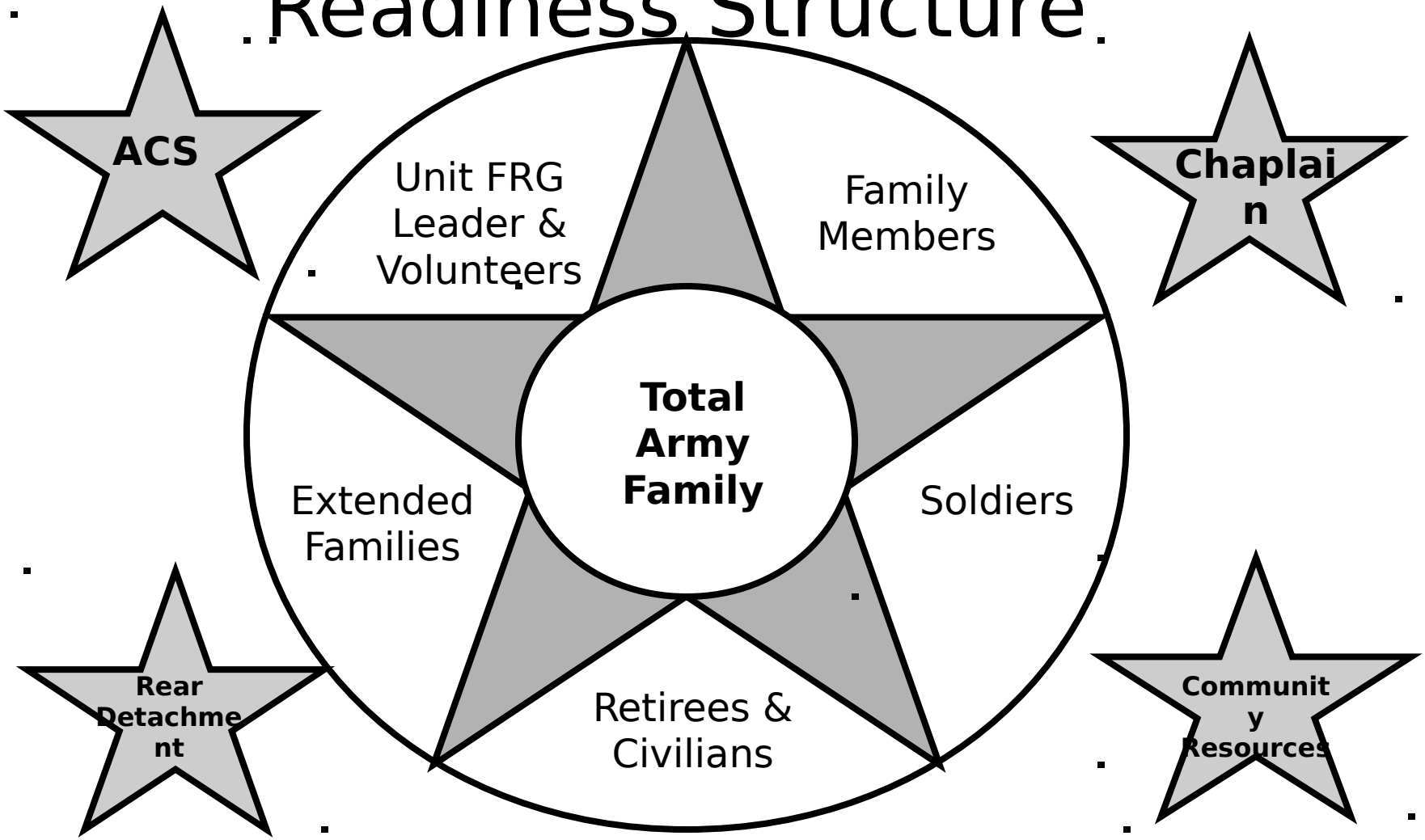
- FRG Handbook
- Review of Relationships
- EMERGENCIES – Situations and Communication
- RED CROSS
- AER Process
- Crisis Management
- Suicide Awareness
- EROD/AROD
  - 10 Reasons to Stay
- Scenarios
- QUESTIONS

FRG Handbook

Relationship between the Chain of Command and Chain of Concern



Soldier/Family Readiness Structure



Key Positions in an FRG

- Chain of Command
  - Battalion Commander
  - Company Commander
  - First Sergeants and Command Sergeants Major
  - Rear Detachment Commander
  - Family Readiness Liaison
  - Chaplain

- Chain of Concern
  - Commander
  - FRG Steering Committee
  - Senior Advisors
  - FRG Leader
  - POCs (Key Callers)
  - Treasurer
  - Soldiers & Family Members

Importance of Key Callers

- Key Callers initiate and maintain regular contact with family members (at least weekly – 2ACR).
- Receive phone calls of other members and point them to resources for self help.
- Help control rumors and gossip.
- Pass on information to families from the FRG leader, commander, and/or RDO.
- Report significant family readiness issues to FRG leader and Command.

YOU are ultimately responsible to get the information you need

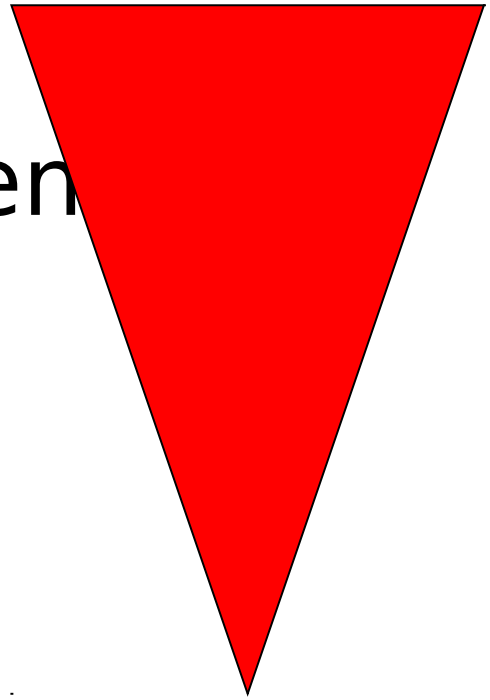
Rosters

- FRG Membership Roster
  - Consists of updated names, addresses, and telephone numbers of all unit families.
  - Participation must be on a voluntary basis.
    - Provided to FRG Leaders and Key Callers
    - May be provided to unit families.
  - Families not wishing to be included should sign a statement.
  - Privacy Act Statement must be used.

Emergency Situations

BAD NEWS

- Someone will likely get hurt
  - Normal injuries
  - Safety-related accident
  - Combat injuries
  - “Friendly fire”
  - Death



Normal Family Response

Working Through Injury and Loss

- Denial
- Anger-rage, feeling of impotence, may be transferred to others
- Depression-sorrow, crying, fear, guilt
- Acceptance-hope, adjustment

"The living must go on with living."

Injury Notification

- Battalion Commander calls Rear Detachment Commander.
- RD Cdr notifies family by phone.
- RD Cdr notifies FRG.
- COC activated to support family

Make sure we have current address and phone numbers

Soldier Care

- Treated promptly and well
  - At location by medics
  - At location by PA
  - At CASH (Combat Support Hospital)
  - In Germany, Landstuhl
  - Walter Reed Army Medical Center
  - Convalescence at home
  - Return to unit ASAP
  - Families can visit at Germany or WRAMC at their own expense. My family visited me.

The Worst Case: a Death

- Any death is treated in accordance with DA and USARAK policies
- All care and information will err on the side of being considerate to the family
- Official cause of death will take months to determine. Don't pass on bad info.
- A casualty notification team will deliver the news
  - Officer
  - Chaplain
- A Casualty Assistance Officer (or NCO) will be appointed to assist the family

Make sure we have current address and phone numbers

Family Care for Deceased

- NO CONTACT with the family before the Notification Team arrives
- The CAO will help with all official Army information and administration
- NO HELP IS NEEDED regarding official Army business or information from anyone other than the CAO.
- Don’t offer any help or information re: Army policies or procedures

Honoring the Fallen

- The Battalion will conduct a memorial in theater.
- Copies of written and spoken tributes will be emailed home ASAP
- Pictures and videos of the memorial will be mailed home
- Memorial may be conducted on or off post, as the family desires

Casualty Assistance Officer

- Main job: CARE
- Contact within 24 hrs
- Help with all DA forms
- Help with transportation, DA vehicle
- Help with leases
- 180 days of care
- New orders to move household goods
- Exempt from all other duties to help family
- USARAK determines when finished
- CAO buffers between family and Army
- Class A’s and B’s
- Makes funeral arrangements

NOK Death Benefits

- 180 days in Army care (Tricare, etc.)
- New ID Card
- $12,000 death gratuity for exp.
- Gov. transports remains
- Gov. pays for family to fly to funeral, and 2 nights in hotel
- SGLI to NOK (you?) in 45 days
- Nat'l cemetery or allowance for plot
- All unpaid benefits (DD 93 current?)
- Flag, headstone
- ETS move
- Funeral detail
- Gov. embalms and dresses deceased

Good Family Care

- Battalion and Battery will form an immediate casualty care team
  - Will arrive after Notification Team leaves
  - Provides informal care, love, help and comfort
- Battery will form an ongoing care team
  - Supports the family for the whole 180 days
  - Facilitates any personal needs and care issues
  - Strives to maintain contact after family leaves the Army at 180 days

Emergency Communications

Information Flow

- Soldiers will have access to phones and internet cafés
- Some will use chat and even video chat
- Most soldiers will likely get 15 days mid-tour leave to come home.
  - Voluntary
  - Prioritized by command
- Red Cross Messages from home will always be delivered to the soldier.
  - Only immediate family critical issues (e.g., death) will bring him home

Rumors Run Rampant

- A great demoralizer to families and soldiers : **RUMORS**
- Rumor Mill needs to go away
  - It only hurts and never helps
- DO NOT pass on unverified information
- Rely on official, verified Rear D/FRG info
- If you hear something outside the chain, ASK – you will always get the right answer

Deployed Info Plan

- Battalion Commander will be in daily contact with Rear D.
  - Unclassified info will be current
  - This is the ONLY trustworthy information
- DO NOT pass on unofficial, unverified information
- DO discourage unverified information

Deployed Info Plan

- Battalion Internet site – weekly updates with pictures
- Chaplain will make Btry Videos and Picture CDs for Btry FRG meetings
- “Ask the commander” site – ask LTC Wuestner directly. (TBD – internet or email)
- Voice Mail: record a message (Bn Cdr)
- Quarterly Battalion Newsletter will continue
- Regular Rear D info meetings (Based on operations in Country)

When the Info Must Stop

- When a soldier has died while deployed:
  - ALL phone and internet use will immediately and temporarily be shut down
  - The Battalion Commander is the only one who can authorize any commo during this time, or reinstate general use again
  - We'll need verification from Rear D that Next of Kin (NOK) has been notified. This could take a long time based on where you are and how well you let us know where you are.

Suicide Awareness

Characteristics of Depression

- Significant change in appetite and weight
- Change in sleep habits.
- Change in behavior patterns.
- Loss of interest/pleasure in usual activities.
- Loss of energy.
- Difficulty concentrating, forgetfulness.
- Feelings of worthlessness.
- Withdrawal from family and friends.

Reasons People attempt Suicide

- Breakup of a close relationship.
- Death of a loved one.
- Worry about performance/failure.
- Loss of “support systems”.
- Loss of social or financial status.
- The compounding effects of alcohol.

Danger Signals

- Talking about or hinting at suicide.

- Giving away possessions; making a will.

- Obsession with death; Sad music or poetry. Themes of death in letters.

- Making specific plans; Access to lethal means.

What to Do

- Take threats seriously
- Answer cries for help
- Confront the problem
- Tell them you care
- Get professional help

What not to Do

- Don’t leave anyone alone if you believe the risk for suicide is imminent.
- Don’t assume the person isn’t the type.
- Don’t act shocked at what they tell you.
- Don’t debate the morality of self-destruction or talk about how it may hurt others.
- Don’t keep a deadly secret.

Army Emergency Relief and RED CROSS

AER MISSION

To collect and hold funds to relieve distress of members of the Army and their family members

"Helping the Army take care of its own"

Army Emergency Relief (AER) Assists With…

- **Interest-free loans**
- **Part loan and part grant**
- **Grants**

AER Assistance for spouses during deployment

- **Does the spouse have a general or special power of attorney to get funds from AER ?**
  If so, spouse can get immediate assistance.

- **If not; AER must talk to soldier to confirm that he/she approves the amount needed for**

What Can AER DO?

- **Food, rent & personal needs when pay is delayed**

- **Essential POV Repairs Car payment to prevent repossession; Insurance payment to prevent cancellation of policy**

- **Limited medical, dental, or hospital expenses (not elective & pay arrangements cannot be made)**

What Can't AER Do?

- Pay for nonessentials/Finance ordinary leave/vac
- Pay fines or legal expenses
- Help liquidate or consolidate debt
- Help purchase, rent, or lease a vehicle
- Cover bad checks or pay credit card bills
- Bring non command sponsored dependents to overseas location

American Red Cross

- **Family calls their local Red Cross**
- **Must have service members name, rank, SSN, unit and unit address**
- **Give name of person who is ill or deceased**
- **Location of person**
- **Doctors name or hospital name**

American Red Cross

- **Service member or spouse calls toll free 1-877-272-7337, (caseworkers on call 24/7)**
- **Gives service members information**
- **Request emergency message**
- **Give information on person who is ill or deceased**
- **Message will be delivered to unit**

MESSAGE FOR THE SPOUSE OR SOLDIER

LOCO PARENTIS OR NON-LOCO PARENTIS

REAR DETACHMENT WILL CONTACT SPOUSE, DEPLOYED SOLDIER AND CDR OR 1SG AND RELAY MESSAGE

WHAT IS LOCO PARENTIS?

A person in loco parentis. A person in loco parentis is one who stood in place of a parent to the soldier or the spouse for 24 hours a day, for at least a 5-year period before the soldier or the spouse became 21 years of age. The person must have provided a home, food, clothing, medical care, and other necessities as well as furnished moral and disciplinary guidance and affection. A person is not considered in loco parentis for performing baby-sitting or providing day care services.

"Penalty for willfully making a false claim is a maximum fine of $10,000 or maximum imprisonment of 5 years or both."

IMMEDIATE / NON-IMMEDIATE FAMILY MEMBERS

Immediate (loco)

(1) Parents, stepparents and In-laws.

(2) Spouse.

(3) Children, including stepchildren.

(4) Sisters, including stepsisters.

(5) Brothers, including stepbrothers.

(6) All of the above applies to spouse also.

(7) Includes grandparents who raised the Service Member for at least 5 years.

Non-Immediate (non-loco)

(1) Grandma.

(2) Grandpa.

(3) Aunt.

(4) Uncle.

(5) Nephew and Niece.

(6) Cousins.

(7) All of the above applies to spouse also.

GOVERNMENT TRAVEL

Under the JFTR, Chapter 7206 PERSONAL EMERGENCIES FOR MEMBERS ON TDY OR AWAY FROM HOMEPORT

States that Soldiers away from the PDS or assigned to a unit operating away for it PDS (Fort Wainwright) are authorized travel and transportation cost reimbursement for travel between the unit location and the emergency leave location is limited to the cost between the unit location and the PDS.

What this means to soldiers stationed at Fort Wainwright. If emergency leave is authorized by the commander for the soldier from the unit location in CONUS (your TDY location or the area you are deployed to Fort Polk, Fort Irwin etc.) and the soldiers return to the unit location is no longer required at the conclusion of the personal emergency, the soldiers travel and transportation allowance is limited to what the cost of a ticket from Fort Wainwright to the unit location in CONUS would be. (i.e. cost from the unit location to emergency leave site and return back to Fort Wainwright cannot exceed the cost from the unit

LOCO PARENTIS

COURSE OF ACTION

- Unit writes memorandum to 203rd stating that spouse and children are authorized emergency Government Travel (GT). (SATO issues tickets)
- Soldier travels from current location to emergency leave site. GTR may not fully cover all travel cost. Contact nearest AER or Local ARC for funds.
- Upon return from emergency location, Soldier must come to AER for repayment of funds received from ARC.

NON-LOCO PARENTIS

COURSE OF ACTION

- Does spouse have Power of Attorney for AER assistance? If not, need soldier's approval.
- Spouse should contact AER for funds to travel; Soldier must contact nearest AER or Local ARC at current duty location for funds to travel.
- This is always a LOAN, repayment will be 12 months. This is in place to prevent the soldier from having financial difficulties.

Early Return of Dependents/ Advance Return of Dependents

Reasons to Stay in AK during Deployment

- Will not have military network or Family Readiness Groups available.
- LES, pay issues, childcare issues, admin issues and related services not avail
- COLA for dependents stops
- Housing is lost as well as command sponsorship
- BAH changes
- TRICARE/Medical may not be covered, increase in medical costs
- AER may not be available (not close to an installation), needed for emergency travel, car breaks down, etc
- Communication – support system here to answer questions
- Notification can take a lot longer
- Access to get ID cards
- Living expenses could increase because you don’t have PX or commissary
- No ACS or School Liaison available to help children deal with deployment.

Early Return of Dependents

- **Allows for the return of command sponsored dependents at government expense.**
- **Early Return of Dependents (ERD):** Governed by JFTR U5240B, U5900, AR 55-46
- **Applies to incidents which:**
  - Are embarrassing to the US Government (U5240-B1)
  - Are prejudicial to order, morale, and discipline in the command (U5240-B2)
  - Give rise to conditions in which the dependents' safety no longer can be ensured because of adverse public feeling in the area. (U5240-B3)

Advance Return of Dependents

- **Advanced Return of Dependents (ARD):** Governed by JFTR U5240D
- **Soldiers who return family members early from an overseas location WILL SERVE prescribed tour.** Applies to incidents where
  - The death, serious illness, or incapacitation of a dependent ordinarily caring for a member's minor dependents requires in the opinion of the authorizing/approving authority that those minor dependents be transported to a place where proper care may be maintained (U5240-D2(b)). [Approval authority is the Garrison Commander.]
  - The best interests of a member, or the dependents, and the Government is served by the movement of one or more dependents because of compelling personal reasons, such as financial difficulties, unforeseen family problems, death or serious illness of close relatives, or for reasons of a humanitarian or compassionate nature; or because of other situations which have an adverse effect on the member's performance of duty. [Approval authority is the Garrison Commander.]

Discussion

Questions

Next Meeting Dates and Topics

- **Jan 05**
  - ✓ Effects of Deployments on Children
  - ✓ Emotional Cycle of Deployment
  - ✓ Local Educators

- **Feb/Mar 05**
  - ✓ JRTC Deployment Brief – Commander/1SG Interviews
  - ✓ Age Group Effects - 3 Days

FRG Events and Activities

- **21 Oct 04 Halloween Party**
- **25 Oct – 9 Nov 04 Live Fire Exercise**
- **25 Nov 04 Thanksgiving Day Service/Dinner**
  - ✓ Time TBD
  - ✓ Northern Lights Chapel
- **Other Future Events**
  - ✓ Free Ice Skating
  - ✓ Skiing/tubing
  - ✓ Battalion Hockey/Basketball Night Out